

## After the procedure

If your baby is irritable, you may give him or her infant Tylenol as needed for the next 24-72 hours.

For the next 24 hours after the procedure, avoid placing objects into the baby's mouth, especially under the tongue (Except for the breast, bottle or clean pacifier).

The following exercises are important to do, and need to be done every 4-5 hours for the next three weeks. You can start doing the exercises the day of the frenotomy. You can find videos showing Dr. Rosenberg performing the exercises on our YouTube channel, LexingtonSmile. You can also follow these URLs to directly find the videos.

Tongue Exercises/Stretches:

<https://www.youtube.com/watch?v=Yd9fBFPZHIO>

Lip Exercises and Stretches:

<https://www.youtube.com/watch?v=qx7RkoQsc58>

Suck Training following Laser frenotomy (Tongue-tie and lip-tie release):

<https://www.youtube.com/watch?v=Z3DOJuN4sCQ>

\*\*Using gloved fingers to prevent germs:

- 1) Gently rub your finger along the gum line of the baby and allow the baby's tongue to follow your finger. This will strengthen the tongue.
- 2) Place your finger on the baby's tongue and allow the baby to suck, making sure your baby's lips are flanged out. Then slightly pull your finger gently while the baby keeps sucking. This will help strengthen your baby's sucking muscles. Make sure lips are flanged during this exercise and flip them out as needed.
- 3) From behind of his or her head, place your two pointer fingers under the upper lip and invert the lip up to your baby's nose. Stretch for a count of 5 to see the diamond. Repeat this three times.
- 4) From behind the child's head, place your non-dominant thumb on the lower ridge of his or her mouth, in front of the diamond (surgical site). Using your dominant pointer finger, pull the base of the tongue backwards towards you to stretch out the diamond on the floor of the mouth. This will prevent the frenotomy site from reattaching, allow proper healing and help the tongue move well. Stretch for a count of 5, and repeat 3 times.

These exercises may cause some minor bleeding under the baby's tongue and/or lip. If this happens, offer your breast to the baby immediately. The sucking pressure will stop the bleeding. You could also put pressure on the site with gauze or a tissue for a few minutes. These exercises make your baby irritable and may seem painful. If so, you may give your baby sugar water which acts as a mild analgesic or continue with Tylenol as needed. You must still continue with the exercises to prevent reattachment.

You may notice:

- Your baby has a few black or dark stools after the frenotomy. He or she may have swallowed some blood during the procedure.
- Your baby refuses the breast after the frenotomy – do not force him/her to take the breast if this happens. Continue to offer the breast at the same times that he/she was taking before the frenotomy was done. If your baby continues to refuse to feed from the breast, you may offer some pre-pumped breast milk in a dropper or syringe. Re-offer the breast after this. Please contact your lactation specialist if you are worried about your baby's feeding behavior.
- You may notice that the surgical sites turn white, beige or grey. This will gradually return to pink over the next few weeks and is normal during the healing process. Your baby will form a new frenulum higher up under the lip and further back under the tongue.
- It is important to breastfeed as often as possible to help your baby learn how to use his/her tongue and lip. It may take several days or up to 2-3 weeks for you to feel a difference in latch and pain.
- Your next appointment with us will be about one week following the procedure(s). During this short visit, your baby's frenotomy site(s) will be examined, and some stretching exercises will be done. The follow up visits are very important because it allows us to check whether the surgical site(s) are healing well. We are also able to evaluate how you are doing and how your baby is feeding.
- If you have any concerns, please feel free to call our office at 781-861-6008. After hours, Dr. Rosenberg can be reached on her cell at 781-354-8888